

### Fall 2016

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*A non-profit community mental health center, Counseling & Recovery Services receives funding through through a contract with the Oklahoma Department of Mental Health & Substance Abuse Services, Medicaid, Medicare, and through charitable gifts.*

## Therapist & case manager speak at major conference

Therapist Lucinda Morte and Case Manager Lynn Yeager presented "Cutting the Cord: Sustained Recovery for Mental Health Court Clients" at the 2016 national Zarrow Symposium on September 29 at the Cox Convention Center.

Mental Health Court clients support each other through more than a year of treatment. In one year, 88 people participated and 12 graduated. Some clients asked Lucinda and Lynn to create a transition group to help sustain their recovery following graduation. Currently, six graduates attend the transition group. Clients nearing graduation also are invited to attend.

Mental Health Court treatment at Counseling & Recovery Services is unique because of the Sanctuary model of trauma informed care. Sanctuary helps clients identify what has happened to them, begin steps to healing, and create a future of growth and change.

The presentation also addressed barriers to recovery, and how Sanctuary and other best practices, such as motivational interviewing, help clients work through those barriers, Lucinda said.

Counseling & Recovery Services also was one of the many sponsors of the three-day conference.



*Taylor Shorb and Matthew Crum receive backpacks donated for CALM Center clients from Nancy Phelps of Joy in the Cause.*

*See more inside*

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**Mission:** Helping build better lives through behavioral health and substance abuse services.



# CALM kids enjoy gifts

CALM Center Director Matthew Crum and Development Director Taylor Shorb were “blown away” by the generosity of Joy in the Cause’s donation of 50 backpacks for CALM Center clients.

Matthew said youth ages 10-17 come to the CALM Center in an emotional, behavioral or substance abuse crisis and spend seven days at the center receiving services. Many come without toiletries or clothing. The backpacks fill an urgent need at the center.

QuikTrip suggested Taylor contact Joy in the Cause about the backpacks.

“At our very first meeting with Joy in the Cause staff, we were shocked to receive 50 backpacks filled with t-shirts, flashlights, toiletries, brain teaser games, colored pencils, a stuffed Mavis dog (Joy in the Cause’s mascot), and more. We are so thankful for how they will assist children who come to our CALM Center, often with nothing more than the clothes on their back or their belongings in a trash bag.”

Taylor added, “Thank you, Joy in the Cause and QuikTrip for this fabulous program!”



## Believe it or not, Christmas is near. Time to spread holiday cheer!

You can make Christmas magical by providing gifts to children and families who would otherwise have nothing under the tree. You can shop for the children and families or make a donation and we will shop for them. Case managers deliver gifts in time for Christmas.

We would love to have you participate! Learn more by contacting Development Director Taylor Shorb at [tshorb@crsok.org](mailto:tshorb@crsok.org) or 918.392.5809.



*Virginia visits with Dr. Bill O'Brien at the Tulsa office.*

## Counseling & Recovery is 'my lifeline'

An abusive marriage, divorce, pressure at work, depression, anxiety and chronic pain caused Virginia to "meltdown."

She changed careers and thought that would help. It didn't. The stress, depression and anxiety intensified. Virginia began self-medicating with drugs and alcohol to try and overcome the pain.

"I couldn't keep up. I crashed and burned," she said. "I got fired. I tried several more jobs and realized that I couldn't work anymore. I couldn't handle the stress."

That's when she found Counseling & Recovery Services of Oklahoma. She received a diagnosis of post-traumatic stress disorder (PTSD) and bipolar disorder. Bipolar disorder is a brain disorder that causes unusual shifts in mood, energy, activity levels, and the ability to carry out day-to-day tasks. PTSD occurs when someone experiences a terrifying event and continues to experience flashbacks, nightmares, severe anxiety, and uncontrollable thoughts about the event.

Virginia has received therapy, medication, and support at Counseling & Recovery Services during the road to recovery that she describes as long and rocky with lots of ups and downs.

"I didn't take care of myself. I didn't eat. I didn't clean my apartment. I slept a lot," Virginia said. "I lost friends and lost touch with family."

She also has physical health issues including diabetes, the body's inability to stabilize its insulin levels, and fibromyalgia, a disorder characterized by

widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.

**'Each day is a struggle. If I didn't have this place, I'd be dead,' Virginia said.**

Virginia applied for and received disability. She also gradually began to get better. With the help of her Case Manager Lynn Yeager and Dr. Bill O'Brien, "the light came on" about six months ago and she's been making amazing progress.

She is feeling well enough to visit her sister and hopes to reconnect with a friend with whom she lost contact.

"I have a cat," Virginia said. "She was born on my birthday a year ago. That's a sweet coincidence. I'm able to take care of myself and of her."

Virginia doesn't drive because of the multiple medications that she takes for physical and mental health issues. She uses the Lift to get around town. Disability provides enough money for a one bedroom apartment with all bills paid.

Virginia said people without mental health issues do not understand that getting better and staying well doesn't happen overnight. It is a gradual, long-term process. That's why Counseling & Recovery Services and other community mental health centers like it are so important.

"I am so grateful for the support I get here," Virginia said. "This is my lifeline."

## Fall 2016 newsletter

### Bracelet sales benefit clients



Purchase of this Rustic Cuff bracelet benefits Counseling & Recovery Services's mental health and substance abuse services for adults, families, and children.

The Rustic Cuff "Emerson" bracelet is a custom design that reflects the agency's logo and mental health awareness. Only 150 are available.

Bracelets cost \$32 each. Payment is due at the time of purchase. Orders may be placed by phone and must be picked up at the agency, 7010 S. Yale #215, Tulsa, OK 74136.

For more information or to purchase, please email or call Development Director Taylor Shorb at [tshorb@crsok.org](mailto:tshorb@crsok.org) or 918.392.5809.

Thank you in advance for your support of this and other fundraising efforts.